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U.S. Department of Justice
Drug Enforcement Administration

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Exercise and Diet Programs While Traveling

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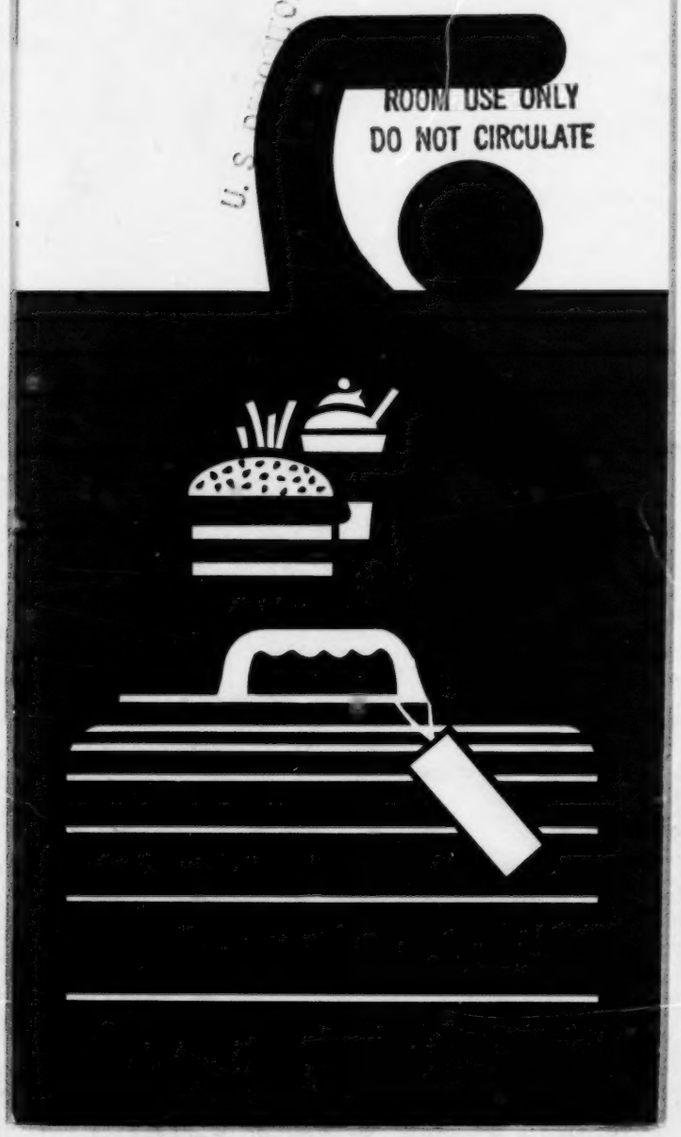

INTRODUCTION

The ultimate objective of DEA's Physical Fitness Program is to produce long-term life style changes in our entire workforce. Changes which are positively related to the bottom line issues of productivity, morale and disability reduction.

With equal emphasis on the exercise, dietary and emotional aspects of fitness, the DEA Physical Fitness Program provides health and medical screening, fitness assessment services, goal setting, exercise and nutrition programs, motivation, education and feedback. By continually providing information which highlight the benefits of health and fitness, we hope our program will motivate participants to adhere to and maintain a health and fitness program throughout their working and retirement years.

Frequency of travel adds to the stressful nature of the law enforcement occupation. Travel is change and change means stress-usually debilitating stress that can keep you on edge, making you lose sleep and can develop into other stress related complaints such as headaches, back pain, muscle cramps and eye strain. To protect yourself from the pressures of travel, you need your health and fitness more than ever.

The most affective way to cope with travel stress and its dragging energy-drain is a fitness program which includes advance planning, maintenance exercises defensive eating and drinking, and sufficient rest.

The purpose of this booklet is to encourage adherence to your present fitness program and to assist you in maintaining basic exercise and nutrition habits while traveling. Maintaining your program while traveling will pay significant rewards by reducing the risks of coronary heart disease, stress, body fat, serum cholesterol and at the same time improve your strength, endurance and flexibility.

MESSAGE FROM THE ADMINISTRATOR

DEA Employees:

Our Health and fitness are vital to our profession and to our professionalism. When compared to other occupational groups, the law enforcement community is, on the average, higher in body fat, serum cholesterol and lower in strenght, endurance, and flexibility. If we are to do our jobs more effectively, we must become more physically fit.

We have overwhelming evidence that there is a clear relationship between poor physical fitness and disease. We now better understand the relationships between fitness, productivity, and longevity. We simply cannot afford to compromise our physical well being: the quality of our work depends on fitness, our personal wellness depends on it, our quality of life as we grow older depends on it.

It is important that health and fitness become integral and fundamental parts of every DEA employee's daily routine. The nature of our work requires it — even for those employees who have dest jobs. Those who have joined DEA's Physical Fitness Program can attest to the overall positive influence this activity has had on their health, productivity, attitude, and overall sense of well-being.

Many of us in DEA, myself included, spend some time in travel status. Because of the additional stress involved when traveling —time changes, changes in resting and eating schedules, as well as disruptions to fitness routines — it is even more important that we work hard at staying fit while on the road.

In the pages that follow there is a wealth of information about staying fit while traveling. I encourage each of you to read this booklet and to follow through with the program and its recommendations. Your fitness coordinators are available to assist you in establishing a personal program. Use them.

John C. Lawn

READEX FICHE

FITNESS WHILE TRAVELING

★ WHY IS IT IMPORTANT TO MAINTAIN PHYSICAL FITNESS ON THE ROAD?

Many of our assignments require extensive travel and departure from regular routines of eating, sleeping, exercising, and working. As you know, travelers often experience "queasiness" or "jet-lag" or have a sense of being "off-center" or simply "not quite up-to-par." Because of the critical nature of our work, it is imperative that we function with a high level of mental and physical effectiveness. The purpose of this booklet is to encourage you to establish the healthiest possible lifestyle while on the road, and to help you maintain your own fitness program to enhance your mental and physical fitness.

Specific benefits of a regular vigorous fitness program include the following:

- gives more energy and increases resistance to fatigue
- increases productivity at work and allows for better concentration
- increases ability to cope with stress
- helps counter anxiety and depression
- improves ability to fall asleep quickly and to enjoy more restful sleep
- decreases aches, pains, and other physical ailments
- burns off calories to help lose extra pounds
- helps control appetite
- provides more efficient digestion
- tones muscles
- may aid in controlling many coronary risk factors such as blood pressure and cholesterol

AGGRESSIVELY SEEK WAYS AND MEANS OF MAINTAINING FITNESS WHILE ON THE ROAD

★ WHAT IS PHYSICAL FITNESS?

Total fitness or total well being consists of physical, mental, emotional, and social dimensions. ***Physical fitness,*** one aspect of total fitness, refers to the ability of the whole body to work together to achieve the optimal level of efficiency and effectiveness. The components of physical fitness addressed in your **Personal Fitness Program** are as follows:

- **Aerobic Power or Cardiovascular Endurance** - is increased by participating in activities that require oxygen for prolonged periods and place such demands on the body that it is required to improve its capacity to handle oxygen. The **1.5 Mile Timed Run** is a test to measure aerobic power.

- **Muscular Strength** - is increased by exercising a muscle or group of muscles against resistance heavier than normally encountered. ***Absolute*** strength refers to the maximum contraction possible by a given muscle, and ***dynamic*** strength refers to the endurance capacity of muscles. **Push-ups, Sit-ups, and Pull-ups for 1 Minute** are tests of dynamic strength.

- **Flexibility** - is increased by stretching body parts at the joints through their full range of motion. The **Sit and Reach** test is a measure of flexibility.

- **Body Composition** - indicates what percentage of the total body weight is fat mass and what is lean mass (such as muscle and bone). Body composition is determined by use of skin calipers and the **Skin Fold Test.**

BASED ON YOUR PHYSICAL FITNESS ASSESSMENTS, A PERSONAL EXERCISE PRESCRIPTION HAS BEEN DEVELOPED FOR YOU. THIS PRESCRIPTION IS VALID. IT WORKS, IF YOU FOLLOW IT.

★ WHAT ARE THE BASIC TRAINING GUIDELINES TO CONSIDER WHEN DESIGNING AN EXERCISE PROGRAM FOR THE ROAD?

To achieve a threshold of training in your fitness program, remember **F I T:** **F**requency
Intensity
Time

- **Frequency** - Regularity of time spent to improve fitness (how ***often*** one exercises).

- **Intensity** - Effort required to improve fitness (how ***hard*** one exercises).

- **Time or Duration** - Length of time spent in a single workout to improve fitness (how ***long*** one exercises).

Threshold of Training for Each Component of Fitness

Fitness Component	Frequency	Intensity	Time
Aerobic Power	Minimum of 3 times per week, year round.	Raise resting heart rate (HR) to target HR (60-85%).	Exercise at target HR for at least 20 minutes.
Dynamic Strength	Minimum of 2 or 3 times per week, year round.	Use 40%-60% of maximum resistance (how much you can lift if weight training) for each muscle group. During isotonic calisthenic exercises, use own body weight for resistence.	Complete 10-25 repetitions in each set. Do 3-5 sets.

Threshold of Training for Each Component of Fitness (cont'd)

Fitness Component	Frequency	Intensity	Time
Flexibility	Minimum of 3 times per week, year round. Daily stretching is preferred. Stretching should be used before and after vigorous workouts.	Move each joint through its maximum range of motion by static stretching.	Stretch muscle slowly to the point of tension and hold 5-10 seconds. Repeat 3 times.

USING THE OVERLOAD PRINCIPLE (DOING MORE THAN YOU ARE ACCUSTOMED TO), EXERCISE AT A LEVEL OF INTENSITY AND DURATION WHICH RESULTS IN A TRAINING EFFECT. GRADUALLY INCREASE THE "OVERLOAD" OVER TIME. EXERCISE AT REGULAR INTERVALS, EACH WEEK, THROUGHOUT THE YEAR.

★ HOW IS A FITNESS "WHILE TRAVELING" PROGRAM DESIGNED?

Select exercise modes to develop flexibility, strength, and aerobic power. Follow basic training guidelines to insure that you reach the threshold of training for each component of fitness. View the exercise modes as an exercise menu.

Exercise Modes

(See your **Personal Fitness Program** for description of exercises and exercise programs.)

Flexibility
- arm circles
- trunk twister
- toe touches
- back stretcher
- achilles tendon stretch
- trunk bender
- sprinter stretch
- sit and reach
- knee-chest stretch
- groin stretch

Strength
- *basic weight training
- *super circuit weight training
- calisthenic routine
- calisthenic circuit

Aerobic Power
- walking
- stationary running
- running
- rope skipping
- stair climbing
- *swimming
- *cycling
- *handball/racketball
- *basketball

*These exercise modes are contingent upon available facilities.

Components of Each Workout

5-10 MIN.	• **Warm-up** -	Preparation of the body, through total body movements and stretching, for more vigorous exercise.
15-45 MIN.	• **Workout** -	Exercising with intensity and duration to improve one or more components of fitness. The focus of a workout can be aerobic, strength, flexibility, or a combination of these.
5-10 MIN.	• **Warm down**	(or Cool down) - Gradual transition from vigorous exercise to the normal state through total body movements and stretching.

DESIGN A VIGOROUS EXERCISE PROGRAM USING VARIOUS EXERCISE MODES TO PROMOTE FLEXIBILITY, STRENGTH, AND AEROBIC POWER.

★ AEROBIC TRAINING ON THE ROAD

Aerobic training is the most important area because it is the fitness area that directly effects the heart and lungs and one's energy level. If at all possible you want to try to maintain your aerobic training even if you must vary activity ... such as the various examples below:

Selected Examples of Aerobic Exercises and Corresponding Point Values from Dr. Cooper*

Goal: Earn 30 points per week through aerobic exercise.

WALKING	2 miles	30:00-24:01 min.	5.00 points
	4 miles	60:00-48:01 min.	11.00 points
STATIONARY RUNNING	60-70 steps/min.	15:00 min.	4.75 points
	70-80 steps/min.	20:00 min.	9.00 points
RUNNING	2 miles	20:00-16:00 min.	9.00 points
	4 miles	40:00-32:00 min.	19.00 points
ROPE SKIPPING	90-110 steps/min.	10:00 min.	4.00 points
	90-110 steps/min.	20:00 min.	10.00 points
STAIR CLIMBING (Single step approx. 7" high)	35 steps/min.	12:00 min.	4.00 points
	35 steps/min.	20:00 min.	6.60 points
STATIONARY CYCLING	75 RPM	15:00 min.	3.11 points
	90 RPM	20:00 min.	5.66 points

*"Total Well Being," Dr. Ken Cooper, 1983.

Selected Examples of Aerobic Exercises and Corresponding Point Values (cont'd)

SWIMMING	500 yards	11:30- 08:21 min.	4.17 points
	850 yards	21:15-14:11 min.	8.33 points
HANDBALL/ RACKETBALL		30:00 min.	4.50 points
BASKETBALL		60:00 min.	9.00 points

Activity must be continuous. Do not count breaks and time outs.

There is a direct relationship between aerobic exercise and weight control in that aerobic activity burns many calories.

Example of Calories Burned Per Minute of Exercise

	Individual's Weight in Pounds			
	130	150	170	190
WALKING (normal pace)	4.7	5.4	6.2	6.9
RUNNING (8 min/mile)	12.5	14.2	16.0	17.7

Regardless of activity, you can use your exercising heart rate to determine if you are working at the right intensity.

Determining Intensity Level (Target HR) For Aerobic Exercise

1. Calculate **Predicted Maximum Heart Rate:**

   Men
   ..... 205 - 1/2 age = _____ Predicted Maximum HR

   Women
   ..... 220 - age = _____ Predicted Maximum HR

2. Calculate **Heart Rate Range:**

   Predicted Maximum HR _____ - _____ Resting HR = _____ Heart Rate Range

3. Calculate **Recommended Percentage HR Range:**

   60% - novice exercisers
   70% - exercisers
   80% - veteran exercisers

   .60 x _____ HR Range = _____ Percentage HR Range

   .70 x _____ HR Range = _____ Percentage HR Range

   .80 x _____ HR Range = _____ Percentage HR Range

4. Calculate **Target Heart Rate:**

   Percentage HR Range _____ + _____ Resting HR = _____ TARGET HR

Monitor your heart rate during exercise to determine if you are within your target zone. Take your pulse immediately after you stop moving by (1) placing the tip of your third finger lightly over one of the blood vessels on your neck (carotid artery) located to the left or right of your Adam's apple, or (2) placing your finger on the inside of your wrist (radial artery) just below the base of your thumb. Count the number of beats for ten seconds. If your HR is below your target HR, exercise harder; if it is above, exercise easier. See chart to convert the 10 second count to beats per minute.

10 Second Count

Take HR for 10 Seconds ..... Multiply times six ..... = Exercise HR for one minute

_____ ... x 6 = _____

NOTE: It is interesting to note that as your heart becomes more trained through exercise, your resting HR will be lowered. Take your resting HR for a full minute in the morning before you get out of bed.

MAINTAIN AN AEROBIC PROGRAM

★ HOW CAN AN EFFECTIVE WORKOUT BE DESIGNED FOR A HOTEL ROOM?

Sample Workout for Hotel Room

5-10 MIN. **Warm-up - Flexibility exercises and total body movements**
(Do each exercise several times or hold for several seconds.)

WORK DOWN THE BODY

- Turn head from side to side.
- Shrug shoulders; roll shoulders forward and back.
- Perform jumping jacks with arms only.
- Use swimming motion with arms.
- Do trunk twisters; then trunk benders to each side.
- Reach high; touch the floor.
- Touch toes alternating right and left.
- Sit and reach with legs straight, head to the knees.
- Do hurdlers stretch with one leg folded in and the other extended, switch legs.
- Place soles of feet together in a butterfly position (groin stretch), press knees toward floor as you lean forward.
- Stretch calf muscles and achilles tendon by assuming a "sprinters start" with both feet pointed straight forward, back leg straight and heel on the ground; switch legs.

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5-10 MIN. **Warm-up -**
Flexibility exercises and total body movements
(Do each exercise several times or hold for several seconds.)

WORK
- Turn head from side to side.
- Shrug shoulders; roll shoulders forward and back.
- Perform jumping jacks with arms only.
- Use swimming motion with arms.

DOWN
- Do trunk twisters; then trunk benders to each side.
- Reach high; touch the floor.
- Touch toes alternating right and left.
- Sit and reach with legs straight, head to the knees.

THE BODY
- Do hurdlers stretch with one leg folded in and the other extended, switch legs.
- Place soles of feet together in a butterfly position (groin stretch), press knees toward floor as you lean forward.
- Stretch calf muscles and achilles tendon by assuming a "sprinters start" with both feet pointed straight forward, back leg straight and heel on the ground, switch legs.

Basic Workout for a Hotel Room — Dynamic Strength and Aerobic Power

10 MIN. (once through circuit)
20 MIN. (twice through circuit)
30 MIN. (three times through circuit)

There are 10 strength stations. Make arrangements for equipment before you start to insure continuous exercise. One aerobic point will be awarded for every 3½ minutes of exercise. This exercise routine is called a calisthenic circuit and will help you to maintain both strength and aerobic power. It involves going through a series of 10 exercises non-stop with jogging or other aerobic activity done between each exercise activity. You should spend 30" doing each exercise and spend 30" doing the aerobic exercise. One time through the circuit should take a total of 10 minutes.

Time	Fitness Component	Muscle Group	Exercise		Variation
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 1	Abdominals	Bent-knee sit ups with twist	or	Sit ups with *weights
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 2	Shoulders/ chest	Push ups	or	Push ups with feet on a chair
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 3	Thighs	Half-knee bends	or	Half-knee bends with *weights.
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 4	Biceps	Curls with luggage	or	Curls with *weights
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 5	Calves	Heel raises using phone book	or	Heel raises with *weights
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 6	Abdominals	Crunches with feet on chair (head/shoulders off the floor)	or	Full sit up with feet on chair
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 7	Triceps	Chair dips	or	Tricep curls with *weights
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 8	Legs	Chair stepping	or	Chair stepping with *weights
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 9	Arms/ shoulders	Shoulder press with luggage	or	Shoulder press with *weights
30 Sec.	Aerobic	Heart/ lungs	Run in place	or	Jump rope
30 Sec.	Strength 10	Legs	"Blast off" (half-knee bends with vertical jump)	or	"Blast off" with *weights

*Weights — Plastic gallon jugs (8 pounds each) of distilled water can be purchased at most groceries or pharmacies for 59¢ - 89¢. At the end of the workout, you can drink the water.

5-10 MIN. — **Warm down** (or cool down) — Repeat Warm up.

TRY IT

★ HINTS TO HELP WITH ADHERENCE TO ROAD FITNESS PROGRAMS

- Design your personal road fitness program according to frequency, intensity, time, and exercise mode. Structure your available time to focus on fitness. Commit plans to paper and commit yourself to the plans.
- Pack your gear — running shoes, appropriate clothing for exercise, waterproof windbreaker, head/hand protection, swim suit ...
- Pack special equipment — jump rope, head/wrist bands, waterproof watch, radio with headphones, hand/foot weights, rackets, golf clubs, goggles ...
- Choose, if possible, lodging which provides an environment for exercise: swimming, boating, weight training, tennis, golf, running and biking trails ...
- Ask local people to help you identify nearby exercise and running locations: schools, parks, tracks, lakes, residential areas, recreational facilities and gyms, bike trails, running paths, par courses ...
- Establish a buddy system to exercise with a partner.

CARRY OUT YOUR FITNESS "WHILE TRAVELING" PROGRAM ACCORDING TO PLAN. GIVE YOURSELF NO OTHER CHOICE, OFFER NO ALIBIS. YOU WILL BE BETTER WITH EVERY WORKOUT.

★ KEEPING TRACK

It can help to stick with a program if you keep a record of activity.

	M	T	W	TH	F	S	SUN	NOTES
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								

F - Flexibility **S** - Strength **A** - Aerobic

Place initials in appropriate box to indicate what components of fitness were addressed during each workout. Use the Notes section to list time/distance, exercise modes, aerobic points, or simply to make comments.

Self-Assessment Update

Refer to your Personal Fitness program for complete description of test items. You will still be assessed on a regular basis by the Fitness Coordinator. If you want you can keep a record in this pamphlet.

	Date	1.5 run	1 min. sit-ups	1 min. push-ups	1 min. pull ups	sit and reach	body fat
Test 1							
Test 2							
Test 3							
Test 4							

SHOW IMPROVEMENT AT YOUR ASSESSMENT

EATING ON THE ROAD

Nutrition is an important element in a total fitness program. Eating on the run characterizes the American lifestyle. With our accelerated pace of living, fast foods and "rich" foods are appealing because they are convenient, tasty, and quick. With increased reliance on such foods, certain dietary hazards present in the average diet are magnified.

Good nutrition involves selecting foods that 1) meet individual energy requirements, and 2) supply necessary nutrients in balanced proportions. How should Americans change their eating habits? After extensive research related to improving health and well-being, the U.S. Department of Agriculture outlined the following nutrition guidelines for Americans:

1) Eat a variety of foods to insure proper nutrients in the diet.
2) Maintain ideal weight by balancing calorie intake with activity. Use this formula to determine your calorie requirements:

   Ideal weight x 13 = calorie requirement

   _____ x 13 = _____ calories per day
3) Avoid too much fat, saturated fat, and cholesterol.
4) Eat foods with adequate starch and fiber.
5) Avoid too much sugar.
6) Avoid too much salt to aid in controlling blood pressure.
7) If you drink alcohol, do so in moderation.

Since fast foods are high in calories, fat, cholesterol, salt and sugar, many of these nutrition goals are difficult to meet when relying on such a diet. Further, fast foods are poor sources of vitamins, minerals, and fiber. With a limited variety of food choices, overall balance and nutritional quality are impaired.

While it is difficult to eat a healthy diet under normal circumstances, it is an even greater challenge to you, since our work assignments require extensive traveling. To assist you with this challenge, the seven nutrition guidelines are applied to making wise food choices in three situations:

- Airports and Airplanes
- Restaurants
- Fast Food Establishments

★ SECRET TO GOOD EATING ON THE RUN

Following a proper diet is a question of following the seven nutrition guidelines. A simpler way is to follow these key concepts to guide your choices:

S - Select restaurants that offer a variety of foods.
E - Eliminate desserts, second helpings, and fried foods.
C - Control portion sizes.
R - Reduce the amount of salad dressings, mayonnaise, butter, margarine, sauces, and toppings.
E - Eat salads.
T - Take charge. Ask for substitutions. Adapt food choices to meet your needs. ACTION makes the secret work.

FOLLOW THE "GUIDELINES"

★ EATING IN AIRPORTS AND AIRPLANES

AIRPORTS

Airports are difficult places to made good food choices. The best strategy is to avoid eating meals in airports, unless you have the time to visit a good restaurant. Limit yourself to snacks and use the following guidelines:

PREFERRED SELECTIONS	AVOID
Crackers	French fries
Popcorn (unsalted & unbuttered)	Onion rings
Fruit	Nachos
Raisin/nut mixes	Candy bars
Bagels (without cream cheese)	Hot dogs
Muffins (without butter)	Sweets & pastries
Juices	Alcoholic beverages
Nuts (unsalted, dry roasted)	Potato chips & other snack foods

You can also manage your time in an airport by making phone calls, reading the newspaper, or organizing your briefcase, so you are not tempted to look for the closest airport bar to wait out your layover.

AIRPLANES

With advanced planning, you can order special meals for plane trips. Airlines will meet any of the following dietary needs if given 24 hours advanced notice:

Calorie controlled
Low sugar
Low fat
Vegetarian

If you forget to order ahead, modify the meal served by eliminating dessert, sausage and bacon, butter, syrup, jelly, and salad dressing.

On a short flight, bypass the snack or request crackers and fruit. Order diet soda, club soda, or juice to drink. Avoid regular soda and alchoholic beverages.

WHILE IN AIRPORTS AND AIRPLANES PLAN AHEAD FOR EATING

★ EATING IN RESTAURANTS

As with most eating situations, it is a question of choices. When ordering the basic components of an eat-out meal you do have choices as follows:

PREFERRED CHOICES	CHOICES TO AVOID
APPETIZERS	
Vegetable juices	Split pea or bean soup
Unsweetened fruit juices	Sweetened juices
Clear broth	Canned fruit
Fresh vegetables	Meat appetizers
Fresh fruit	Deep fried foods
POTATOES	
Mashed	Home-fried
Baked	French-fried
Boiled	Browned
Steamed	Creamed
(ask for butter or sour cream on-the-side)	Escalloped
VEGETABLES	
Stewed	Creamed
Steamed	Escalloped
Boiled	Au gratin
(use lemon instead of butter or margarine)	Fried/sauteed
SALADS	
Vegetable (without dressing)	Macaroni
Fresh fruit	Mixtures with dressing
(use lemon or vinegar to dress the salad)	Coleslaw
BREADS	
Plain bread	Garlic bread
Hard or soft rolls	Sweet rolls
Plain muffins	Coffee cake
Corn bread	Sweet breads
Crackers	Biscuits
MEAT, FISH, & POULTRY	
Broiled or steamed fish	Fried fish or chicken
Roasted poultry (skin removed)	Breaded meats
Lean steaks	Ribs
Baked, broiled, or boiled meats (fat trimmed off)	Grilled, sauteed, stewed or braised
FATS	
Vegetable fats (in limited quantities	Animal fats
Avocado	Gravy
Margarine	Butter
Oil-based salad dressing	Mayonnaise-based dressings
	(Cream, sour cream, & cream cheese)
DESSERTS	
Fresh fruits	Sweetened fruits
Angel food cake	Pastries
Sherbet	Cheese cake
Jello	Candy and frosted cakes
Plain ice cream (small portion)	Sundaes
BEVERAGES	
Skim milk	Chocolate & whole milk
Fruit juices	Ice cream drinks
Butter milk	Regular soda
Club or diet soda	Alcoholic beverages
EGGS	
Soft or hard-cooked	Fried
Poached or baked	Scrambled

These choices illustrate the variety of food choices available to substitute for typical high fat, high sodium and high cholesterol food.

MENU COMPARISONS

The breakfast and dinner menus presented below also illustrate the calorie differences between typical food choices and the selections suggested in this brochure.

BREAKFAST

Typical (High Fat)	(CALORIES)
2 eggs, fried or scrambled	155
Hash browns (1/2 cup)	160
Bacon, 2 strips	90
Toast (2 slices, buttered)	230
Coffee or tea, black	0
Orange juice (4 oz.)	40
TOTAL	675
Suggested	
Poached egg (1)	80
Hash browns (1/2 cup)	160
Toast (1 slice, buttered)	115
Coffee or tea, black	0
Orange juice (4 oz.)	40
TOTAL	395

LUNCH

Typical	
Double Burger	560
French Fries	220
Shake	380
TOTAL	1160
Suggested	
Single Burger (average size)	300
Salad (med.) with salad dressing (1 T.)	100
Skim Milk	80
or	
Diet Soda	0
TOTAL	480

DINNER

Typical	
Rib eye steak (10 oz., broiled)	775
Baked potato (medium)	95
Butter (1 tsp.) or sour cream (2 T.)	45
Tossed salad	25
Salad Dressing (1 T.)	45
TOTAL (without cocktails)	985
Suggested	
Broiled or steamed seafood or fish (6 oz.)	330
Baked potato (small)	70
Butter (1 tsp.) or sour cream (2 T.)	45
Tomato juice (4 oz.)	25
Tossed salad	45
Salad dressing (1 T.)	45
TOTAL	560

UTILIZE RECOMMENDED CHOICES WHILE EATING OUT

★ EATING FAST FOODS

If you choose wisely you can incorporate fast foods into a balanced diet if you follow these guidelines:

GOAL	EATING CHOICES
Balanced diet	1. Limit yourself to as few fast food meals as possible — 1-2 per week
Calorie control	2. Select low calorie alternatives
Cholesterol control	3. Select low cholesterol alternatives
Salt control	4. Select low salt alternatives

The following fast food chart shows the 1) calories per food item, 2) cholesterol per item abbreviated as CHOL, 3) sodium or salt per item abbreviated NA and, 4) minutes of aerobic activity to utilize the food item calories abbreviated MIN.

SELECT FAST FOODS USING THESE GUIDELINES

	CALORIES	CHOL (mg)	NA (mg)	*MIN
BURGER KING				
Whopper Sandwich	630	—	990	63
Whopper Sandwich w/cheese	740	—	1435	74
Double Beef Whopper	850	—	1080	85
Double Beef Whopper w/cheese	950	—	1535	95
Whopper Junior Sandwich	370	—	560	37
Whopper Junior w/cheese	420	—	785	42
Regular French Fries	210	—	230	21
Regular Onion Rings	270	—	450	27
Apple Pie	240	—	335	24
Chocolate Shake	340	—	280	34
Vanilla Shake	340	—	320	34
Whole Milk	150	—	110	15
Medium Coca-Cola	121	—	—	12
Medium Diet Pepsi	7	—	52	1
WENDY'S				
Single Hamburger	470	70	774	47
Double Hamburger	670	125	980	67
Triple Hamburger	850	205	1217	85
Single w/cheese	580	90	1085	58
Double w/cheese	800	155	1414	80
Triple w/cheese	1040	225	1848	104
Chili	230	25	1065	23
French Fries	330	5	112	33
Frosty	390	45	247	39
Chicken Sandwich	463	88	963	46
Chicken w/cheese	496	117	120	50
Taco Salad	460	44	1297	46
McDONALD'S				
Egg McMuffin	327	229	885	33
English Muffin w/butter	186	13	318	19
Hotcakes w/butter & syrup	500	47	1070	50
Sausage (pork)	206	43	615	21

*Aerobic activity burns approximately 10 cal./min.

	CALORIES	CHOL (mg)	NA (mg)	*MIN
McDONALD'S (cont'd)				
Scrambled Eggs	180	349	205	18
Hashbrown Potatoes	125	7	325	13
Big Mac	563	86	1010	56
Cheeseburger	307	37	767	31
Hamburger	255	25	520	26
Quarter Pounder	424	67	735	42
Quarter Pounder w/cheese	524	96	1236	52
Filet-O-Fish	432	47	781	43
Regular Fries	220	9	109	22
Apple Pie	253	12	398	25
Cherry Pie	260	13	427	26
McDonaldland Cookies	308	10	358	31
Chocolate Chip Cookies	342	18	313	34
Chocolate Shake	383	30	300	38
Strawberry Shake	362	32	207	36
Vanilla Shake	352	31	201	35
Hot Fudge Sundae	310	18	175	31
Caramel Sundae	328	26	195	33
Strawberry Sundae	289	20	96	29
Cones	185	24	109	19
McChicken	475	59	990	48
Chicken McNuggets	332	79	523	33
Ham Biscuit	422	31	1949	42
Sausage Biscuit	582	48	1380	58
McFeast	435	76	878	44
McRib (onion & pickle)	461	52	1020	46
DAIRY QUEEN				
Frozen Dessert	180	20	—	18
DQ Cone, small	110	10	—	11
DQ Cone, regular	230	20	—	23
DQ Cone, large	340	30	—	34
DQ Dip Cone, small	150	10	—	15
DQ Dip Cone, regular	300	20	—	30
DQ Dip Cone, large	450	30	—	45
DQ Sundae, small	170	15	—	17
DQ Sundae, regular	290	20	—	29
DQ Sundae, large	400	30	—	40
DQ Malt, small	340	30	—	34
DQ Malt, regular	600	50	—	60
DQ Malt, large	840	70	—	84
DQ Float	330	20	—	33
DQ Banana Split	540	30	—	54
DQ Parfait	460	30	—	46
DQ Freeze	520	35	—	52
Mr. Misty Freeze	500	35	—	50
Mr. Misty Float	440	20	—	44
"Dilly" Bar	240	10	—	24
DQ Sandwich	140	10	—	14
Mr. Misty Kiss	70	0	—	7
Brazier Cheese	330	—	—	33
Fish Sandwich	400	—	—	40
Fish Sandwich w/cheese	440	—	—	44
Super Brazier Dog	518	—	1552	52
Super Brazier Dog w/cheese	593	—	1986	59
Super Brazier Chili Dog	555	—	1640	56
Brazier Fries, small	20	—	—	2
Brazier Fries, large	320	—	—	32
Brazier Onion Rings	300	—	—	30
Big Brazier Deluxe	470	—	920	47
Big Brazier Regular	457	910	—	46
Big Brazier w/cheese	553	—	1435	55
Brazier w/cheese	318	—	865	32
Brazier Regular	260	—	576	26
Brazier Cheese Dog	330	—	—	33
Brazier Chili Dog	330	—	939	33

	CALORIES	CHOL (mg)	NA (mg)	*MIN
DAIRY QUEEN (cont'd)				
Brazier Dog	273	—	868	27
Super Brazier	783	—	1619	78
Buster Bar	390	—	—	39
Fiesta Sundae	570	—	—	57
Hot Fudge Brownie Delight	570	—	—	57
JACK IN THE BOX				
Hamburger	260	25	565	26
Cheeseburger	310	30	875	31
Jumbo Jack Hamburger	550	80	1135	55
Jumbo Jack Hamburger w/cheese	630	110	1665	63
Regular Taco	190	20	460	19
Super Taco	280	35	970	28
Moby Jack Sandwich	450	55	835	45
Breakfast Jack Sandwich	300	180	1035	30
French Fries	270	15	130	27
Onion Rings	350	25	320	35
Apple Turnover	410	15	350	41
Vanilla Shake*	320	25	230	32
Strawberry Shake*	320	25	240	32
Chocolate Shake*	330	25	270	33
Vanilla Shake	340	35	265	34
Strawberry Shake	380	35	270	38
Chocolate Shake	360	35	295	36
Hot Ham & Cheese Supreme	50	70	—	5
Bacon Cheeseburger Supreme	790	120	—	79
Hot Beef & Cheese Supreme	595	95	—	60
Club Supreme	426	61	—	43

*sold in Calif., Ark., Tx., Washington

	CALORIES	CHOL (mg)	NA (mg)	*MIN
TACO BELL				
Bean Burrito	343	—	272	34
Beef Burrito	466	—	327	47
Beefy Tostada	291	—	138	29
Bellbeefer	221	—	231	22
Bellbeefer w/cheese	278	—	330	28
Burrito Supreme	457	—	367	46
Combination Burrito	404	—	300	40
Enchirito	454	—	1175	45
Pintos 'N Cheese	168	—	102	17
Taco	186	—	79	19
Tostada	179	—	101	18
ARBY's				
Roast Beef	350	45	880	35
Beef and Cheese	450	55	1220	45
Super Roast Beef	620	85	1420	62
Junior Roast Beef	220	35	530	22
Ham & Cheese	380	60	1350	38
Turkey Deluxe	510	70	1220	51
Club Sandwich	560	100	1610	56
BURGER CHEF				
Big Chef	542	—	622	54
Cheeseburger	304	—	535	30
Double Cheeseburger	434	—	691	43
French Fries	187	—	4	19
Hamburger, Regular	258	—	393	26
Mariner Platter	680	—	882	68
Rancher Platter	640	—	444	64
Shake	326	—	167	33
Skipper's Treat	604	—	783	60
Super Shef	60	—	918	6

	CALORIES	CHOL (mg)	NA (mg)	*MIN
KENTUCKY FRIED CHICKEN				
ORIGINAL RECIPE CHICKEN				
Wing	136	55	302	14
Drumstick	117	63	207	12
Side Breast	199	70	558	20
Thigh	257	109	566	26
Keel	236	87	631	24
EXTRA CRISPY CHICKEN				
Wing	201	59	312	20
Drumstick	155	66	263	16
Side Breast	286	65	564	29
Thigh	343	109	549	34
Keel	297	79	584	30
Chicken Breast Filet Sandwich	436	—	2732	44
Kentucky Fries	184	—	434	18
Mashed Potatoes	64	0	268	6
Gravy	23	0	57	2
Cole Slaw	122	7	225	12
Rolls	61	1	118	6
Corn (5.5 inch ear)	169	—	11	17
CHURCH'S FRIED CHICKEN				
White Chicken Portion	327	—	498	33
Dark Chicken Portion	305	—	475	31
PIZZA HUT (serving size — 2 slices of medium 13" pizza; 4 servings per pizza)				
THIN 'N CRISPY				
Standard Cheese	340	22	900	34
Superstyle Cheese	410	30	1100	41
Standard Pepperoni	370	27	1000	37
Superstyle Pepperoni	430	34	1200	43
Standard Pork w/Mushroom	380	35	1200	38
Superstyle Pork w/Mushroom	450	40	1400	45
Supreme	400	13	1200	40
Super Supreme	520	44	1500	52
Standard Cheese	390	18	800	39
Superstyle Cheese	450	21	1000	45
Standard Pepperoni	450	21	900	45
Superstyle Pepperoni	490	24	1200	49
Standard Pork w/Mushroom	430	21	1000	43
Superstyle Pork w/Mushroom	500	21	1200	50
Supreme	480	24	1000	48
Super Supreme	590	38	1400	59
PIZZA INN (thin crust pizza — ½ medium pizza)				
100% Mozzarella	1021	64	2373	102
50/50 Cheese Blend	1060	36	2753	106
Beef	1268	77	3877	127
Sausage	1276	70	3628	128
Pepperoni	1172	54	3457	117
Special	1382	84	4760	138
Chicken Supreme	700	90	—	70
LONG JOHN SILVER'S				
Fish w/Batter (2 pc.)	366	—	—	37
Fish w/Batter (2 pc.)	549	—	—	55
Treasure Chest	506	—	—	51
Chicken Planks (4 pc.)	457	—	—	46
Peg Legs w/Batter (5 pc.)	350	—	—	35
Ocean Scallops (6 pc.)	283	—	—	28
Shrimp w/Batter (6 pc.)	268	—	—	27
Breaded Oysters (6 pc.)	441	—	—	44
Breaded Clams (6 pc.)	617	—	—	62

	CALORIES	CHOL (mg)	NA (mg)	*MIN
LONG JOHN SILVER'S (cont'd)				
Fish Sandwich	337	—	—	38
French Fries	288	—	—	29
Cole Slaw	138	—	—	14
Corn on the Cob (1 ear)	176	—	—	18
Hushpuppies (3)	153	—	—	15
Clam Chowder (8 oz.)	107	—	—	11
BEVERAGES				
Coffee	2	—	2	—
Tea	2	—	—	—
Orange Juice	82	—	2	8
Chocolate Milk	213	—	118	21
Skim Milk	88	—	127	9
Whole Milk	159	27	122	16
Coca-Cola	96	—	20	10
Fanta Ginger Ale	84	—	30	8
Fanta Grape	114	—	21	11
Fanta Orange	117	—	21	12
Fanta Root Beer	103	—	23	10
Mr. Pibb	95	—	23	10
Mr. Pibb w/o sugar	1	—	37	—
Sprite	95	—	42	10
Sprite w/o sugar	3	—	42	—
Tab	tr	—	30	—
Fresca	2	—	38	—